



DINE for LIFE*

In Durham Public Schools (2008-2009 school year)

The DINE for LIFE program provides nutrition education in 13 elementary schools and four middle schools in Durham, North Carolina. Through a sequential nutrition curriculum, taste tests, environmental cues and school-wide promotions, nutritionists encourage students, staff and their families to adopt healthier lifestyles. During the 2008-2009 school year, DINE implemented several new programs:

- RN Harris students and staff participated in “Smart Steps”, a walking program designed to get students and staff moving.
- Lakewood Elementary school partnered with the Inter-Faith Food Shuttle Operation Frontline to offer Side by Side, a cooking series for parents and students. After a volunteer chef and nutritionists helped participants prepare healthy dishes, families enjoyed the meal together.
- EK Powe was awarded a USDA Fresh Fruit and Vegetable grant, and students enjoyed fresh fruit or vegetables for snack each day.



**Ms Whitfield's class at
RN Harris walked 71.6 miles**



**Lakewood families learn
to prepare healthy dishes**



**DINE for LIFE: Durham's Innovative Nutrition Education
for Lasting Improvements in Fitness and Eating**



Durham County Health Department Nutrition Division (919) 560-7791 This material was funded by the Supplemental Nutrition Assistance Program (SNAP). In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



Teacher Feedback on the DINE Series Curriculum and Resulting Behavior Change in Students (2008-2009)

- "They always ask to wash their hands"
- "Several now choose the skim milk in the cafeteria"
- "Students bring less junk food and more healthy snacks"
- "Students bring more yogurt for snack"
- "More fruit as snacks, less chips"
- "The program really helps my kids think about what they eat."

Program Outcomes

- **Low-fat Milk**
 - 59% of the teachers reported an increase in student consumption of low-fat dairy.
 - After nutrition class, the percentage of students in Grades K-2 who correctly identified skim milk as the type of milk that is best for their body increased 30%.
- **Food Safety**
 - 77% of the teachers reported an improvement in students' hand washing.
- **Acceptance of New Foods**
 - 71% of the teachers reported an increase in the willingness of students to try new foods.

1. More aware of healthy foods
2. Make healthier meal/snack choices
3. Increased intake of low-fat dairy
4. Eat breakfast more often
5. More willing to try new foods
6. Improved hand washing
7. Improved food safety
8. Increased physical activity
9. Increased reading of food labels

Teacher-Reported Behavior Changes in Students

